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Regis University

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The Jesuit University of the Rockies

www.RegisHighlander.com

Denver, Colorado

CAMP DIGNITY ON THE QUAD

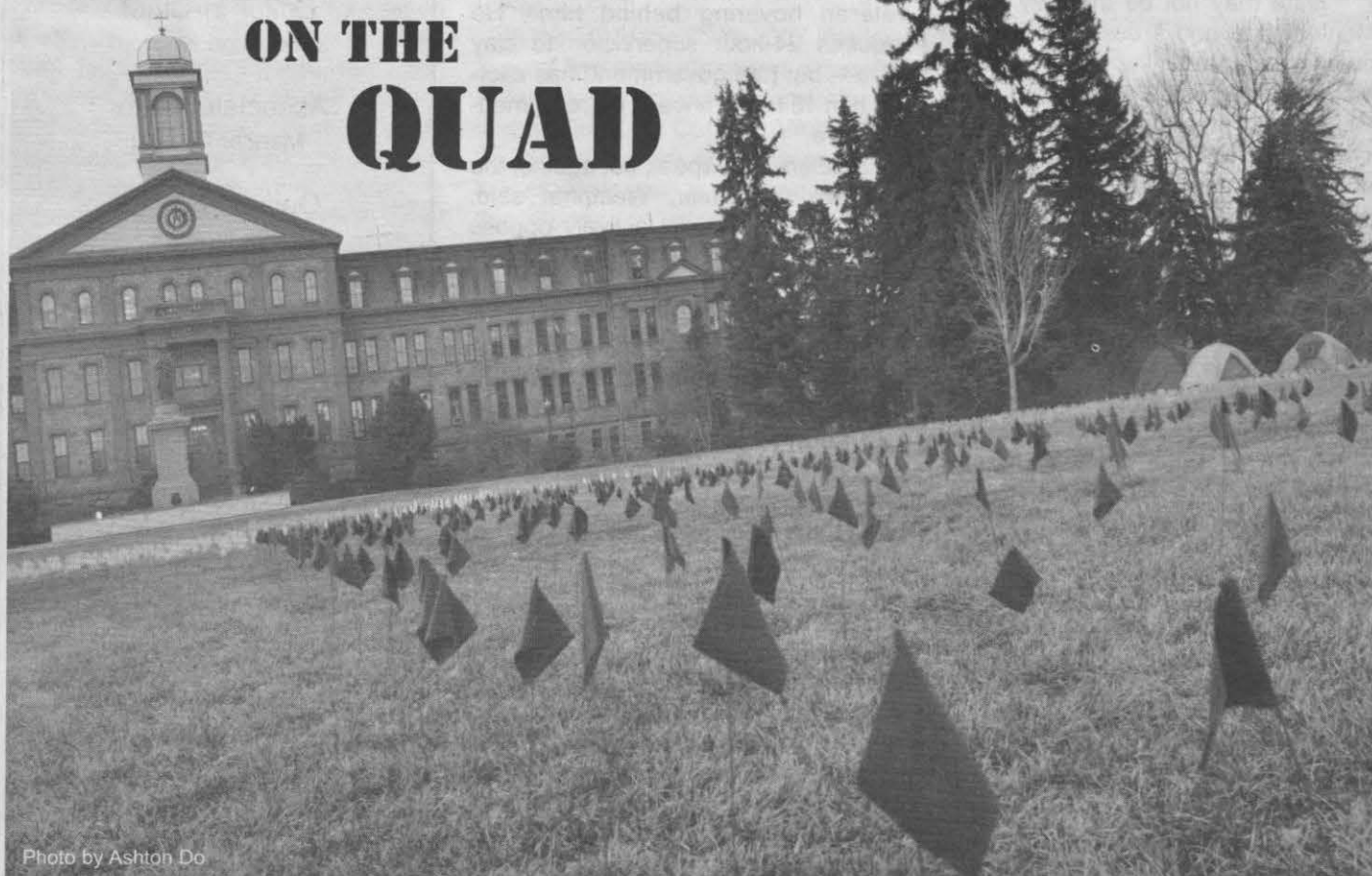


Photo by Ashton Do

Flags adorned the quad in the shape of a cross last week to highlight issues of humanity in the world. The flags represented deaths from the Darfur crisis, Iraq, the death penalty, and sexual identity related hate crimes. Over 250 white flags in the middle represented favorite peace leaders of students on campus. Camp Dignity on the quad was just one of several events that took place during "Dignity Week."

Student waste on the decrease, or so it seems

Maricor Coquia
Associate Editor

After three periodic studies, it seems students are wasting less food. Last Tuesday, March 13, 63 pounds of solid waste (including both food and trash) and 35 pounds of liquid waste were measured for 205 eaters. In previous measurements, numbers were recorded at 107 pounds for 220 eaters (approximately 99 pounds if there were only 205 eaters), and 71 pounds for 205 eaters.

Members of Students for Environmental Action and Knowledge (SPEAK), the *Highlander*, and other volunteer students participated in the measurement during dinner (5:00 pm to 7:00 pm) in the Dining Hall. The first two measurements were conducted at lunch on Wednesday, November 15, 2006 and Wednesday, January 24, 2007.

The *Highlander*, after covering the

results of the first two measurements, felt a comparison was necessary between student waste at lunch and dinner. The *Highlander* proposed to slightly change the parameters, however, by opting to measure the food waste at dinner as well as in secret, where trays are collected in the kitchen. Measuring liquid waste was also proposed, since, observed from the previous measurements, many students also wasted cups full of water, juice, and soda. Students wasted 35 pounds of liquid waste during the latest measurement.

Before the third measurement, Adelle Montebancho, SPEAK president said: "I'm curious to see how much is wasted at dinner," reasoning that students probably eat more at dinner. She believed that since the Dining Hall has limited hours during lunch, many students are probably unable to make the 11:30 am-1:30 pm lunch period. Thus, more students opt to fill up at dinner.

Montebancho also believed that by measuring the food in secret, students wouldn't be as self-conscious as observed during previous measurements.

Sarah Tressel, administrative assistant for the Center of Service Learning explained: "Students were so self-conscious as we took their wasted food for measurement. They would make excuses...like 'I usually don't waste this much' or 'I wasn't feeling good today.'" She continued, "A student even tried to hide his or her wasted food by bundling left over sandwiches in a bunch of napkins." By doing the measurement in secret, Montebancho and the *Highlander* believed the guilt-trip would be removed, revealing students' true waste habits.

Last Tuesday, March 13, these hypotheses were put to the test. A total of seven students secretly hid amidst

See Food Waste on page 2

Speakers call for dignity, highlighting Iraq war issues

Ashton Do
Staff Reporter

During her years in college, activist Dahlia Wasfi felt immersed in contradiction while bombs rained down on her family during the first Gulf War. For Wasfi, her intellectual pursuit in America was overshadowed with worry as her family back in Iraq struggled to meet their basic necessities of water, food, and electricity.

Joined by Iraq war veteran TJ Westphal, Wasfi revealed unseen perspectives of the Iraq war in the Science Amphitheater last Thursday evening, March 15.

The presentation, "Dignity in Iraq: A Re-Humanization of the Iraqi People," was part of a greater series of events throughout "Dignity Week," hosted by the Peace and Justice Studies program and many other sponsors. Throughout the week, there were events that promoted human dignity for Sudan, Iraq, the death penalty, and sexual diversity.

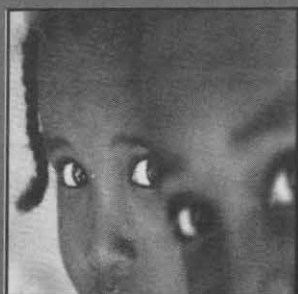
"A lot of the week was community building for people who are passionate and deeply affected at a soul level," said TJ Bowen, event coordinator and a Regis Non-Profit Management graduate student.

During college, Wasfi didn't understand the pro-military stance of her American peers—who said the war was a means to punish Saddam Hussein—because their views contradicted the desperate reality that her family and the Iraqi populace faced as a result of American involvement.

In 2002, nearly ten years later, Wasfi was a practicing medical doctor but could no longer stay quiet in the face of growing patriotism and racism toward Middle Easterners. Since then, she has taken several trips to Iraq to see her family in Basrah and Baghdad, taking note of the war-torn destruction in her home country along the way.

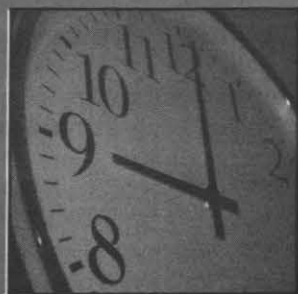
On the other hand, war veteran TJ Westphal served at the beginning of the war when soldiers were deployed to find WMDs (weapons of mass destruction) in Iraq. He could tell right

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Regis divests
stock linked to
Sudan

News, pg. 3



Is Daylight
Savings Time
really worth
your time?

Opinions, pg. 4



Tattered Cover:
The
unconventional
bookstore

Feature, pgs. 6-7

Food Waste from front page

the Sodexo cooks and employees, armed with gloves, two large waste baskets, a five gallon bucket, and a scale. "So this is how it looks like back here," said a participant.

For many students, the "world" behind the conveyor is a mystery. For Montebianco, this is a main reason why students feel it's okay to waste food. She said, "They think, 'Uh, I don't see it. I don't have to deal with it. Away it goes...'" Food is carried away into the abyss of the Sodexo kitchen, freeing the responsibility to clean up after oneself. Unlike at home where parents usually enforce a "don't waste your food" and "wash the dishes" responsibility, students, after eating, simply place their trays and walk away.

"Oh my God!" said one participant as she grabbed a tray for disposal. Apparently, a student had placed his or her ice pack on the tray. Alarmed and disappointed, Montebianco commented: "That's so rude. They don't realize that people actually have to clean this up." As students helped Montebianco remove the ice from the plastic and tape (which seemed to also be covered in a slimy substance), other surprises moved their way into kitchen, including a knife randomly stabbed into an apple, large pieces of chocolate cake left untouched, and another slimy ice pack.

As students helped Montebianco remove the ice from the plastic and tape (which seemed to also be covered in a slimy substance), other surprises moved their way into kitchen, including a knife randomly stabbed into an apple, large pieces of chocolate cake left untouched, and another slimy ice pack.

Montebianco was also surprised when dozens of plastic to-go boxes came around. "There's no point," she said. "It's a waste of plastic—why use a to-go box if you're planning to eat in the Dining Hall anyway?" She was also surprised at how messy some students' trays were. She was disappointed that students seem so careless. "It would be nice if they just thought about making it easier for the people who have to clean up after them," she sighed. Instead, employees are left to deal with slimy icepacks and the like.

In context however, the least amount of food was wasted that night in comparison to the first two measurements.

For many students, the "world" behind the conveyor is a mystery. For Montebianco, this is a main reason why students feel it's okay to waste food.

To Montebianco and the *Highlander's* surprise, both hypotheses (that there would be more food wasted because of time and secrecy) were not supported. Furthermore, the solid waste totaled 63 pounds including food and paper, whereas the first two measurements were of food only. Thus, the actual food waste was theoretically less than 63 pounds.

According to sophomore Jalaine Binas, "The food was really good. They had this pasta that was really good. The salad was really good. The only thing I didn't like was this fried-rice thing."

That night, a definite trend appeared as trays came in. Little remained of the pasta with creamy garlic sauce. Plates of pre-made salad were also fully consumed, leaving the occasional olive or pepperoni behind. Bowls of "the fried-rice" thing however, consistently came back almost always full. "I guess students don't like this one," observed a participant.

For Binas, wasting food is not because of carelessness, but because of taste. She explained, "I just won't continue eating something I find tastes bad." To her, it wouldn't be fair to return her plate to the chefs after taking a bite.

Taste may not be the only issue. Montebianco and Tressel believe the overwhelming quantity of food provided in a student meal plan is also a factor. Already pre-paid, students simply swipe and go. Thus, students may feel obligated to make use of their (or their parents') money by eating what and all they can. Or, "Students just think they can blow it off because it's all paid for," said a participant.

The bottom line, according to a Sodexo sous chef, is that meeting student demands every single day is almost impossible and much more complicated than adding a little "Emeril" flare. To him, students often forget those nights when the food is well received. A favorite among students is "steak night," the "make your

own waffles" bar, etc. Sodexo also caters to students who choose not to eat meat on Fridays because of Lent. New recipes are always welcome, added another chef.

Contrary to student belief, Sodexo also upholds a strict standard of quality. Sodexo tries to limit the overall food waste by strategic planning. The sous chef explained: "We plan the menus about a week in advance. Using statistics, we estimate how much food to make." What food isn't eaten that can't be saved, such as rice and pasta, is thrown out, even if trays are still full, explained Donna Mills, who works behind the "Classics" booth. This is because a lot of the food is perishable, such as items from the salad bar.

Mills added: "I think students just take too many plates, and end up not being able to finish all of it." She continued, "I mean, I know these two boys who take like four plates...I think they eat 'em all though."

Montebianco agrees. She believes that while providing trays is convenient for students, it fuels the mentality that students can take whatever they want and then waste how much they want. Montebianco observed on the large amounts of water wasted just to wash off wasted food, trays, and other utensils. "I think we should try taking away the trays and see how much food [and water] is wasted then," she proposed.

Montebianco hopes nonetheless that students continue to be more aware and thoughtful of their choices. At the end of the night, Montebianco, in addition to the other student participants were pleasantly surprised. They exclaimed: "It was supposed to be more!"

Dignity Week from front page

away that there wouldn't be any.

"Immanent threat?" Westphal asked, showing a picture his convoy took of a rusted tank laying on its side. "We learned pretty quickly that there wouldn't be any WMDs."

Audience members shook their heads as Westphal spoke at length about the American casualties and injuries from his platoon. Of thirty-six soldiers in his unit, two were killed and another was paralyzed. Only five remain active in the military.

"Imagine being this guy," Westphal said, with an image of a quadriplegic veteran hovering behind him. "He requires 24-hour supervision to stay alive— but [the government] has allotted him 16 hours a week of [paid] medical care."

Soldiers who speak out against the war are unpopular, Westphal said. Many soldiers do not actively oppose the war in Iraq because they revel in their "hero-status" and find validation in their sacrifice.

"People need to justify why they've done what they've done," he said. "It's very difficult for us humans to admit that we were wrong."

Westphal decided to speak up and defy the Iraq war to honor the families of lost and injured troops.

"America is not the good guy in this thing," he concluded. "The future of the world is in jeopardy."

Americans may have lost many soldiers to the war in Iraq, but Wasfi pointed out that those numbers pale in comparison to civilian casualties.

Over 650 thousand Iraqi civilians have died in the past four years, nearly double the amount of civilians killed during Saddam Hussein's 30 year reign, Wasfi said, citing the British medical journal *Lancet*.

Before her portion of the presentation, Wasfi warned the audience with a disclaimer.

"I don't want to traumatize anybody here," she said. "But if the American people stopped getting the edited version [the troops] would be home."

Occasionally, uncensored images of the dead—including children—and the disembodied projected behind Wasfi during the presentation. Words could only say so much about the destruction she witnessed.

For most people, there is a disconnect between the Iraqi people and their humanity. Racism, she said, fuels the American need to "help" Iraq.

An image of an American soldier aiming his gun at an Iraqi civilian projected onto the screen.

"That's not my cousin— but that's somebody's cousin," she said.

The presence of American troops in Iraq has been more harmful than beneficial to the civilians, Wasfi said. She went on to dispel many arguments in support of the war in Iraq, emphasizing the American role in destroying whatever infrastructure Iraq had before invasion.

"Some people still say it's going to get worse when we leave— [that] there'll be a civil war," she said. "It's not going to get any worse."

With her medical career on hold, Wasfi now speaks to audiences nationwide about the negative consequences of a U.S. occupation in Iraq, hoping for the immediate withdrawal of troops.

Most recently, Wasfi spoke to Congress about the atrocities in Iraq. To learn more, visit her site at www.lib-eratethis.com.

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Our Mission:

As the staff of the Regis University weekly publication, the Highlander, we intend to serve the campus and the neighborhood by providing a forum wherein ideas are explored and news is provided. Our publication is designed to cultivate awareness, understanding and dialogue about matters of community importance.

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Regis University divests stock linked to Sudan

University takes economic sanction in efforts to uphold ideals of justice and faith

Jacqueline Kharouf
Editor-in-Chief

In the on-going genocide in Darfur, many companies and organizations, including Regis University, have taken action. As Joe Weber, vice provost, chief financial officer, and treasurer, explained, groups across the country, after examining the situation in Darfur, have decided to take economic sanction against the Sudan, which is enforcing the genocide. The goal of this economic sanction, Weber explained, is to try and bring the situation into better focus.

But economic sanction, essentially a kind of economic boycott, in which

"As these companies find their value and worth in the market place being diminished because of people divesting, not wanting to hold or to be owners," Weber explained.... "the political pressures become real then, that's the theory."

companies sell stocks from other companies that support the Sudanese government, is not a new concept, Weber said. Economic sanction was also employed during the apartheid in South Africa. Although economic sanction is not solely responsible for ending the situations in these countries, it does contribute, Weber said, to slowing the political power of the instigators.

"As these companies find their value and worth in the market place being diminished because of people divesting, not wanting to hold or to be owners," Weber explained, "then they say 'Wait a minute something's wrong here, this is coming back to haunt us.' And so the political pressures become real then, that's the theory."

Regis University's Board of Trustees has established, with the Committee for Financial Business Affairs, the Investment Oversight Subcommittee, which oversees investment managers of the university and manages endowment assets. As explained in the Board of Trustees' document concerning investment policies and endowment funds: "This Subcommittee will set forth guidelines regarding the selection and retention of investment managers and approve any investment manager to be employed by the University." For endowment assets, Regis University aims, as stated in the same document, "to maintain investments which are consonant with the Regis University objectives in the area of faith and justice."

According to Weber, with this subcommittee, Regis can and should question its investments and stock holdings so that the university can maintain its ideals, human dignity, worth of the individual, Jesuit-Catholic ideals, and honor the university's dedi-

cation to faith and justice.

"Death...diminishes something in all of us," Weber said. And so, to maintain the ideals of our university, Weber continued, we must stand against certain things.

In the fall of the 2006-2007 academic year, two students raised a question about Regis University's investments and holdings. In October, Weber said, he received a list of companies from the students that were involved with the Sudanese government. After reviewing the list, Weber found only one company in which Regis had invested, PetroChina.

According to PetroChina's official website, www.petrochina.com, the company "was established as a joint stock company with limited liabilities under the Company Law of the People's Republic of China (the PRC) on November 5, 1999 as part of the restructuring of China National Petroleum Corporation (CNPC)." PetroChina "is engaged in a broad range of activities related to petroleum and natural gas," such as refining crude oil, selling chemical products, and selling natural gas.

Regis owned 87 shares of PetroChina, which roughly added up to \$10,000. After this discovery, Weber asked the students to write a letter explaining the situation and reasons for the university to consider divestiture. Weber explained that the goal of divestiture, essentially selling shares in the open market, is that eventually, the company will lose value and hence, the Sudanese government with lose monetary supplies: "If there's enough people to do this, if everybody's in there wanting to sell, no one wants to own or buy, this tends to depress the

"In the end, you want to be able to say that you did the right thing," Weber said.

price of that security," Weber said.

However, Weber continued, selling stock also means that another investor has bought the stock, but now, the investor owns it at a lower price than the day before.

Weber said he then presented the issue to the Board of Trustees and asked them to consider the situation. Weber also took the letter to the Investment Oversight Subcommittee for their consideration, as well.

According to Weber, the letter and the process that followed was a learning experience, not only for the students who wrote the letter, or the administration or staff, but for the subcommittee as well.

"In the end, you want to be able to say that you did the right thing," Weber said. "As long as you have a statement like this: we're going to invest in accordance with the objectives in the areas of faith and justice, when you have something like this, not to use a trite phrase, but it's a no brainer...what ought you to do in a case like this? Well, you ought to disinvest."

Leadership seminar presents business ideas for suicide prevention group

Students design proposals to assist organization

Amy Smith
Staff Reporter

On Wednesday, March 14, students from Sally Spencer Thomas's sophomore seminar class, "Leading With Differences in Mind," expressed excitement with a tinge of anxiety as they prepared to present their business enterprises for The Second Wind Fund, a suicide prevention organization.

During the past few weeks, these students have been going into the community to observe, listen, and ask questions about suicide prevention. Their main goal has been to connect and generate revenue for a viable non-profit organization that demonstrates innovation and community leadership and to also contribute to the betterment of a stigmatic issue in our society.

At the presentation, one representative from each group gave a three

thoughts and attempts after acknowledging that they are able to communicate with a network on suicide prevention."

The third representative proposed using facebook.com and myspace.com to communicate suicide awareness to the general public. Their goal is to make the information as accessible as possible to the teenage community. Because many teenagers already surf on these sites on a regular basis, the representative, Kirk McGill, claimed "the at-risk population is much more likely to run into the information without making an effort to look for it" and that "individuals would be able to link into the bountiful information available on the internet." Once the group created the appealing web pages and groups, they would turn them over to the prevention organizations to maintain them. Then, organizations such as The Second Wind Fund could advertise and promote their fundraising

Schutte claimed "we want to be able to bring more people to this event, bring proceeds to The Second Wind Fund, and benefit the community in the long run."

minute proposal of their groups' plans and ideas. Two members from media services videotaped the presentations and Kristen Blessman, associate director for media relations, listened and developed suggestions to help the students receive media attention and coverage.

The first group suggested having a suicide awareness basketball tournament. Their tournament would be on the second week of April and would cost twenty dollars for a team of three players. At the tournament, they would have informational cards about suicide prevention and possibly an athlete from the Philadelphia 76'ers to guest speak about depression and suicide. The winner of the tournament would receive a gift certificate to a local restaurant. All of the proceeds would be donated to The Second Wind Foundation to support their work for teens at risk for suicide. The representative for this group, Erija Tanaka, stated: "they hope to make suicide an accessible and comfortable topic for our student body to address."

The second group suggested developing a virtual networking website for survivors of suicide and at-risk youth. The group would generate revenue through corporate sponsorship and donate the proceeds directly to The Second Wind Fund. The website would have three main components: wall posts and stories from survivors to provide inspiration for at-risk individuals, informational web links to health-care industries, regional and national prevention organizations, and educational institutions, and a self-sustaining financial base. The group would sell individual quilt squares on the website to create a composite quilt for the promotion of the upcoming "Walk, Run, and Ride" hosted by The Second Wind Fund. With this virtual networking website, this group "hopes that at-risk individuals would re-evaluate their suicidal

activities and events to the general public.

The fourth representative, Chris Valko, pitched the idea of linking business and community organizations for suicide prevention. Their goal would be to increase people's awareness of suicide and to also generate revenue for The Second Wind Fund through corporate sponsorship. Their overall goal is to "increase people's awareness about a problem that needs social change, provide funding for The Second Wind Fund, and provide companies a way of marketing themselves as a socially responsible business." The companies would periodically donate a portion of their sales in return for advertisements in the Regis community through flyers, radio advertising, and the school newspaper. The group finds this idea beneficial because the Second Wind Fund would have "a constant source of income."

The fifth and final representative, Noah Schutte, suggested making "In Training" t-shirts from a sweat-free company in El Salvador to promote The Second Wind Fund's upcoming "Walk Run and Ride." For revenue, the group would seek corporate sponsorship from companies who have donated in the past to help fund the creation of the t-shirts. Then they would sell the t-shirts and donate all of the proceeds to The Second Wind Fund. Schutte claimed that "we want to be able to bring more people to this event, bring proceeds to The Second Wind Fund, and benefit the community in the long run."

After the presentations, the groups breathed a sigh of relief and listened to Blessman's suggestions and comments. In the upcoming weeks, these groups are going to put their plans into action and do the best they can to advance social and financial returns for The Second Wind Fund.

Too much of Spring "siesta"-ing may get you more than a tan...but bad grades



Jessica Knapp
Opinions Writer

Spring has finally come to our little corner campus and it presents students with the best opportunities to get out and experience all that Denver has to offer. However, spring also brings great opportunities for students to slide, a bit.

Every year around this time, I am shocked at how easy it becomes to not complete homework assignments and not attend my classes. I sit and wonder why it is so easy for students to neglect their basic responsibilities of attending classes and instead sit on the quad and enjoy the wonderful spring days.

Students at Regis have made the basic commitment to attend classes in exchange for grades. Let's be honest, this isn't very hard to do. We are not actual adults that have 9-5 jobs and commitments like families to support. As students, we have it rather easy in the grander scheme of things. Why is it then, if we do indeed have it so easy, we find it simple to ditch the classes that we are actually paying to attend?

I myself am guilty of letting my focus on school slide during this warm time of year. I wonder why it is that I dig myself into a hole right in the middle of the semester. It is something that happens every semester and by the time finals role around, I am kicking myself for missing so much class and easy homework assignments.

Is there some secret among students that we all understand but don't actually vocalize? I asked a few of my friends, while sitting on a blanket on the quad the other day, why we weren't going to class and just wasting time in the warm summer sun. Some said it was because they needed the sun after endless weeks of snow. Another said he was slacking because he just needed a break. And still another said that he was outside because it was better to be outdoors in nature than in

Just the very thought of my parents realizing how much I sit on the quad scares me to death...I encourage all of you students to enjoy the spring weather, but do it at a time that is not interfering with your class schedule. In doing this, we can all be assured that we'll receive decent grades and be less stressed by the time finals are upon us.

a stuffy old classroom.

While I take all of these excuses into account, I look around and see volleyball nets being erected and huge games of Frisbee going on. That is when I realized that as a student population, we are all very lazy when it comes to being actual students.

Think about it. How hard is it to go and sit in a classroom and learn a few things for an hour? How hard is it to suck all of the knowledge possible out of those classes that we are paying such a high fee for? Why is it that being a student has suddenly become so hard?

I asked my sister, who now has a husband and a kid, if she ever experienced this sort of spring siesta during her college years. She told me that

every friend she ever met had problems attending classes during the spring semester. "Now that I have responsibilities," she told me "I long for those days when I could just not go somewhere I had to be. Missing class is so much easier than missing work."

If college is here to prepare us for the real world, why is there no greater punishment for missing classes than a simple absent mark? Should there be some sort of harsh repercussion for neglecting classes and sitting on the

simple solutions that should, hopefully, make it easier for myself, and for other students, to prevent the spring siesta from taking hold.

First, when you wake up every morning, don't assume it is going to be a nice day. In fact, prepare yourself for the worst weather possible. By doing this, you have put yourself in the mood to not bask in the sun like a lizard. Rather you are fooling your mind into thinking that you have to go to classes because it is not nice outside. If something like this simple mind trick will not do, try doing your homework. By preparing yourself for class, you may be very excited to get to class and discuss what you may or may not understand.

Finally, when you see your friends lounging on the quad and coaxing you to come over, think about how much money you are spending on your college tuition. In doing this, you are realizing the heavy price you will be paying for a class you will not be attending. If your parents are paying for school, think about how angry they might be if they realized that their \$20,000 a year is going toward your spring siesta.

Just the very thought of my parents realizing how much I sit on the quad scares me to death. The thought of what my father would say to me is enough motivation to follow the simple steps that I have outlined above. I encourage all of you students to enjoy the spring weather, but do it at a time that is not interfering with your class schedule. In doing this, we can all be assured that we'll receive decent grades and be less stressed by the time finals are upon us.

quad getting a tan?

While I am all in favor for no punishment at all, I realized that professors are prepared for the spring siesta. Built into their syllabus, many of my own professors have created assignments that force me to come to class. If I miss one class in the morning, I miss an easy twenty point quiz. If I miss one of my afternoon classes, I lose understanding my texts that will help me write a paper in two weeks. Indeed, professors are prepared for the eventual slack off that occurs every semester after a long break and before finals.

My question is: how can we as students prevent ourselves from falling into a giant hole before the end of the semester? I have come up with some

Springing Forward is For Losers



Jen Janes
Opinions Writer

Ah, springtime. The infernal snow is finally melting, love is proverbially in the air, and the sun is shining. But with the sunshine comes a wrenching misfortune: Daylight Savings. Daylight Savings Time has always confused me. As a small child I was so enthralled by humankind's ability to harness the ethereal notion of Time by simply resetting the clocks, that I saw grown-ups as its sacred keepers and deviously planned, as soon as I grew up, to stop all the clocks at 4:00 so I would never have to go to school or to bed. Later on, even when I learned that there is a difference between time as an entity and time as a clock reading, Daylight Savings Time still confused me. My confusion at this stage arose from the idea that physically, one can just as easily spring back or fall forward.

Despite my less-than-perfect track record in understanding Daylight Savings, I was determined to get it right this time. I awoke Monday morning to catch my bus, and noticed that the routes seemed to have completely changed over Spring Break. I arrived on campus a mere fifteen minutes before class, cursing RTD for making me miss breakfast. I later realized that my clocks were ten minutes slow. Apparently I only lost fifty minutes to Daylight Savings. Had I not been forced by society to tamper with my timepieces, I never would have missed my bus.

Dr. David Prerau from MIT proclaims, "Just as sunflowers turn their heads to catch every sunbeam, so too have we discovered a simple way to get more from our sun."

Isn't that sweet? We are all happy sunflowers collecting beams, and that is why we throw off our daily rhythms twice a year. I beg to differ, because you are looking at one unhappy sunflower.

The concept of Daylight Savings, I am told, has something to do with working around changing daylight to optimize our waking hours in the sun during any given season. However, by re-setting the clocks to place the traditional workday in the sunlit hours, we are actually robbing ourselves of time in the sun, ensuring that we are only at work or in class when the sun is out. So in reality, Daylight Savings keeps us cooped up indoors while the sun is shining.

If we did not have to spring forward, we would get out of class or off of work with extra time to enjoy the weather before evening. Instead, we are being seriously gypped. Congress simply must make sure that we cannot even have the pleasure of a few extra UV rays. And I thought it was bad enough that Congress was debating bans on flag burning when there are homeless people blocks away from the capitol. I say, if we all had more time to play outside, a lot fewer of us would be on Prozac. Thanks a lot, Ben Franklin. Thanks a lot.

A wickedly entertaining show
Tom Shales, *The Washington Post*

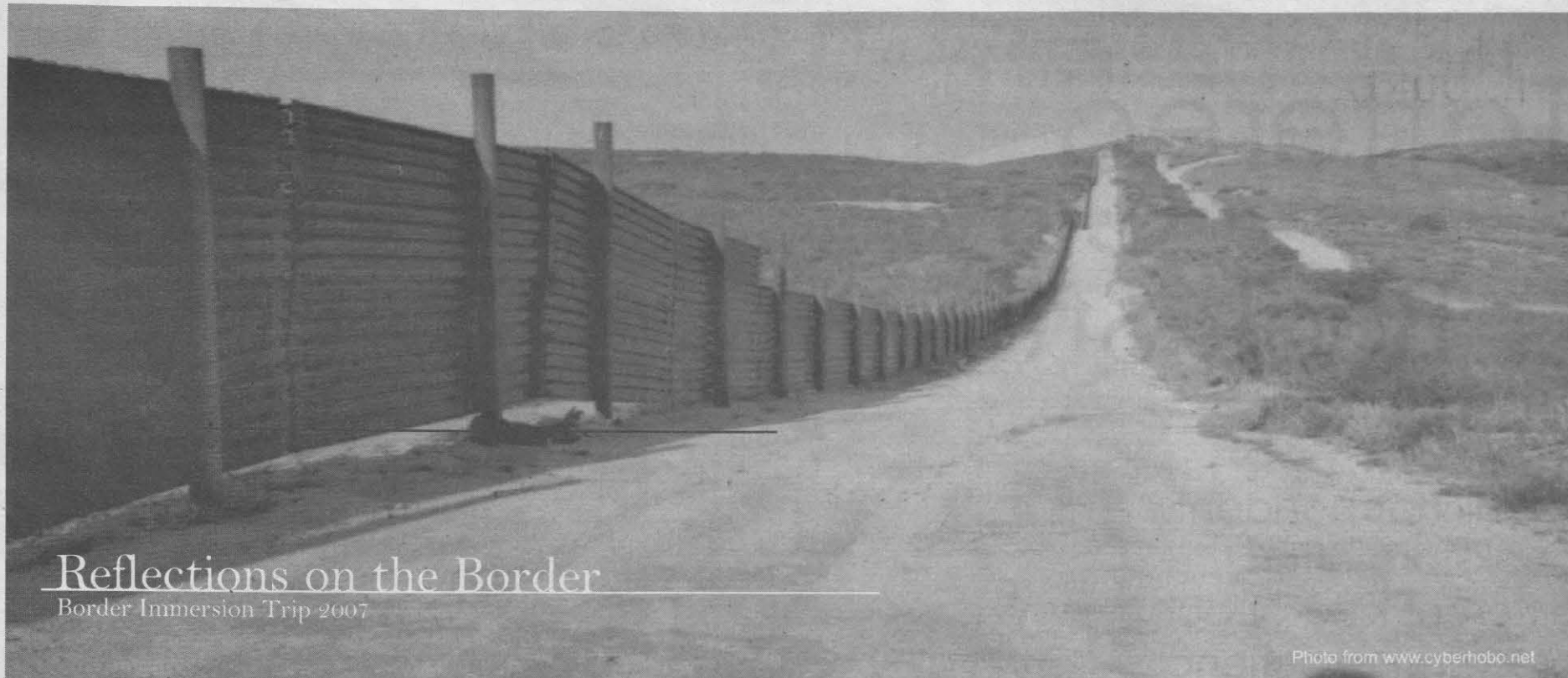
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TUESDAYS 10

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Reflections on the Border

Border Immersion Trip 2007

Photo from www.cyberhobo.net

Michelle Sheehy
Contributing Writer

After having spent some time on the border, coming back to Regis was a challenge, especially getting back into the routine of things.

Over spring break, I participated in the University Ministry sponsored Border Immersion Trip with Colleen Tholen, Matt Gubanich, Missy Gaurdino, Tim Etzkorn, Christie Costello, Corinne Kampe, Katie Carrothers, Nate Jacobi, Paul Burson Erin Saunders, and her fiancé Thane Benson. We drove to El Paso, Texas and stayed with members of the Maryknoll Friends Across Borders Program. We lived in their house, along with Karen and Jim Weaver, some volunteers, and West Cosgrove, our guide throughout the trip.

While we had met a few times before heading into Mexico, I wasn't really sure of what I'd encounter. One of the first things we did was attend mass in Juarez and afterwards, we talked with some of the residents. All of the people wanted to know where we were from and what we were studying, and the children and teenagers wanted to know what we did for fun, if we were dating anyone and basic things like that.

We on the other hand were asking about their working conditions and their daily challenges. It was heart-breaking to learn that while most chil-

dren attend public schools, their parents cannot afford their basic supplies and uniforms, forcing many children and teens to start working at a young age to keep up with school. At the same time though, it was wonderful to see that amidst their poverty was happiness. They were happy with the simplest things in life.

While we were in El Paso and Juarez, we were able to meet people of many backgrounds and learn more about the immigration situation, border control, and the conditions of work. These experiences helped me understand that people who are coming to the U.S. are like any other human, wanting what is best to support the livelihood of their families and selves.

We also participated in a Hunger Banquet with some students from Creighton University, visited the Women's Intercultural Center, shopped for lunch on a maquila wage, met with Maryknoll missionaries who live in Juarez, learned more about fair trade goods, and helped paint two different schools in Juarez.

Paul Burson's wife also invited us one night to dinner at her parent's home in Juarez. That was a fun and relaxing evening—we all felt like we were at our grandparents' home!

Every activity we participated in opened our eyes to seeing life from another perspective. One of the girls we met, who is now in college, but can no longer afford it, made me think

I also feel much differently about immigration and how the U.S. should handle the situation. It is a highly complex issue. Instead of giving up however, and saying that it's too difficult to change anything, I think every little thing helps. We can all make a difference in someone else's life, one step at a time.

about how lucky we are to have a good education. It upset me that her family couldn't afford the \$1500 to send their daughter to school, when the cost of Regis is so much higher. Many of us at Regis take our education for granted by not doing our work or not even bothering to show up to class.

Colleen Tholen commented: "Putting up borders doesn't solve their problems of poverty." She continued, "We should take baby-steps and by doing this we all can make a difference," helping those in poverty attain a better way of life.

Katie Carrothers added: The trip "was a lot of fun and it was an eye-opener for the issues that are taking place on the border. The trip was interesting and informative." After coming home, Katie is "more aware of how

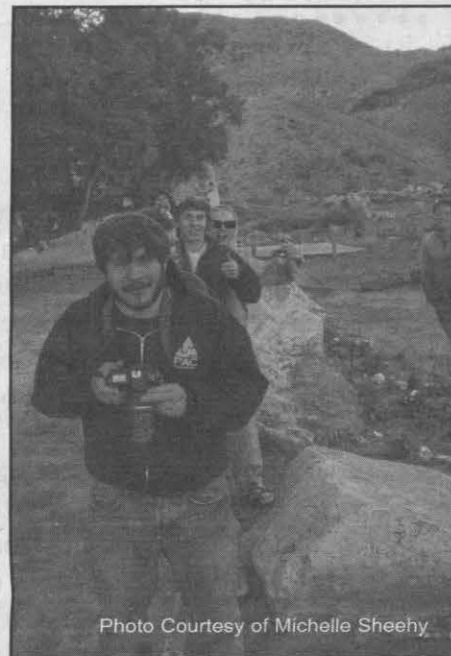


Photo Courtesy of Michelle Sheehy

Students enjoy the sights as they explore the Mexican-U.S. Border.

much I consume and now understand the reasons why people are crossing the border." Katie is doing her part by buying fair trade goods.

I also feel much differently about immigration and how the U.S. should handle the situation. It is a highly complex issue. Instead of giving up however, and saying that it's too difficult to change anything, I think every little thing helps. We can all make a difference in someone else's life, one step at a time.

This week in politics



Matthew Zavala
D.C. Correspondent

March 19, 2003

Last night, March 19, marked the four year anniversary that the U.S. led invasion of Iraq began in an effort to oust Saddam Hussein. The effort at that time was to oust Hussein for his harboring of weapons of mass destruction. Four years later, images of roadside attacks and innocent civilians being killed by insurgents are shown nightly on the news. Though the images are grotesque and intense, it seems that people are almost desensitized to it.

The war in Iraq has now grown terribly unpopular. In Washington, DC over the weekend, there were several anti-war demonstrations and a major march at the Pentagon. Candlelight

vigils were also held the nation to remember the fallen and to make a call to end the war and bring U.S. forces home.

More Drama on Capitol Hill

The firing of eight U.S. Attorneys has led to several Democrats and even a Republican to call for the resignation of Attorney General Alberto Gonzales. Though Gonzales accepts responsibility, he said he will not resign. President Bush, who considers Gonzales a close and personal friend, said he was disappointed but has not asked him to resign. The 2008 Democratic presidential candidates smell blood in the water.

There was a leaked email showing that Bush's top advisor Karl Rove may have had a hand in the firings, which seems now were carried out for political reasons. Rove is already a target for Democrats on the Hill because of his possible role in the identity of

Valerie Plame being revealed as a CIA operative. Because his position does not go through Senate confirmation, the Senate may have a harder time requesting Rove to testify under oath. Gonzales will head to the Hill in April to testify.

President Candidates Try to Win Over Fire Fighters

Last Wednesday, the International Association of Fire Fighters (I.A.F.F.) held a bipartisan presidential forum in Washington, DC. Though the majority was Democrats, three Republican presidential candidates delivered remarks. The endorsement of the I.A.F.F. is key in any race as it did boost Sen. John Kerry's (D-MA) ratings in 2004.

Senators Hillary Clinton (D-NY) and Barack Obama (D-IL) delivered passionate speeches giving praise to the firefighters for their daily work and their heroics on 9/11. Sen. Joe Biden (D-

DE) made his speech more personal because of firefighter's efforts to save his burning home several years ago and to save his own life when he suffered a cranial aneurism.

Quote of the Week

"Good news for the Bush administration. Just one week after the outrageous Walter Reed Medical Center Scandal, that story is gone! Off the front page. Way back now in Marmaduke country. Cause there's a new kid in town and his name is 'outrageous fired federal prosecutors Attorney General scandal.' Yes, in one week, it's been revealed that the administration screwed over wounded vets — the most revered people in America — and lawyers — the most reviled people in America — proving ... they've got range..."

-Jon Stewart, The Daily Show

The Tattered Cover Book Store

Local independent bookstore offers different kind of book browsing experience

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Kellie Riley
Contributing Writer

December shoppers at the Tattered Cover Bookstore on Colfax Avenue were more than a little flustered when their ordinary shopping trips became a high-security ordeal. Secret service agents and metal detectors stood outside the doors to protect former president Jimmy Carter, who was signing his book *Palestine: Peace, Not Apartheid*.

It was one of the more "interesting book signings", according to Tattered Cover general manager Matt Miller. The independently-owned local bookstore hosts roughly 500-600 events a year between its three locations in Highlands Ranch, Historic LoDo and on Colfax Avenue across from East High School.

The first Tattered Cover location opened in 1971 in Denver's Cherry Creek North district. Current owner Joyce Meskis purchased the shop in 1974, and other locations came along with the LoDo store opening in 1994 and the Highlands Ranch store in 2004. In June 2006, the original Cherry Creek store relocated to the historic Lowenstein Theater on Colfax Avenue.

The Tattered Cover's website describes the store atmosphere: "With lots of nooks and crannies offering the intimacy of a smaller bookshop, and an ample supply of sofas and chairs, readers are sure to feel at home. Above all browsers are encouraged to linger for as long as they like. Each store offers a coffee bar with many tempting treats and a well-stocked newsstand."

According to Miller, there is something about the store that gives it a distinctly different character than a larger chain store like Borders or Barnes and Noble. "The atmosphere is different. It's comfy to be here and browse before you buy. We have a wide selection of books and all kinds of events. There should be something of interest to almost everyone."

The store has made other efforts to attract a younger audience, including creating accounts on popular websites MySpace and YouTube and providing wireless internet access to customers. Miller believes that the Tattered Cover is a great destination for college students, who while busy with classes and studies, should still make time for themselves to branch out and read something enjoyable. "Just because you're young doesn't mean you have to read one type of thing."

In addition, says Miller, the Tattered Cover's independent ownership allows it to branch out beyond what might be offered at a larger bookstore by providing books from obscure and small presses. The Tattered Cover is also in a unique position to reach out to the Denver community, with programs such as Tattered Cover Gives Back, providing the opportuni-

ty for customers to donate 1 percent of their purchase price towards a nonprofit organization of their choice.

Events hosted at the Tattered Cover range from author visits and book clubs to parties for popular series like Harry Potter. The store also hosts a lecture series called "Active Minds" that covers topical issues such as global warming, politics, and the war in Iraq. Miller believes the series is an opportunity for the community to come together in a public forum for discussions and dialogue.

"[The lecture series] is an extension of the philosophy of what we are all about—presenting all types of ideas. It's a place where people can expose their ideas and figure out what they think is right or wrong," said Miller.

Though it serves as a place for the community to discuss controversy, the Tattered Cover has also found itself in the middle such controversy after the instatement of the Patriot Act. Thornton police requested the store to provide records of the book titles purchased by suspects, but the Tattered Cover called such a policy a violation of the First Amendment.

"We always want to cooperate with the police, of

"The atmosphere is different. It's comfy to be here and browse before you buy. We have a wide selection of books and all kinds of events. There should be something of interest to almost everyone," Miller said.

course, but we believed that the First Amendment took precedence over their need in this case," Miller said. "Unfortunately, the Colorado Supreme Court agreed with us."

While the Tattered Cover reaches out to the community through its events and its support of its customer's privacy rights, Miller stressed the importance of the community reaching back to the bookstore as well. "In general, the idea of supporting an independent business is important, because we're dealing with ideas and we want to keep the marketplace of ideas open.

"The Tattered Cover is only part of a larger community of independent bookstores. No matter where a student is from, there is probably an independent bookstore nearby," said Miller.

Socrates in Love book signing hosted by Tattered Cover

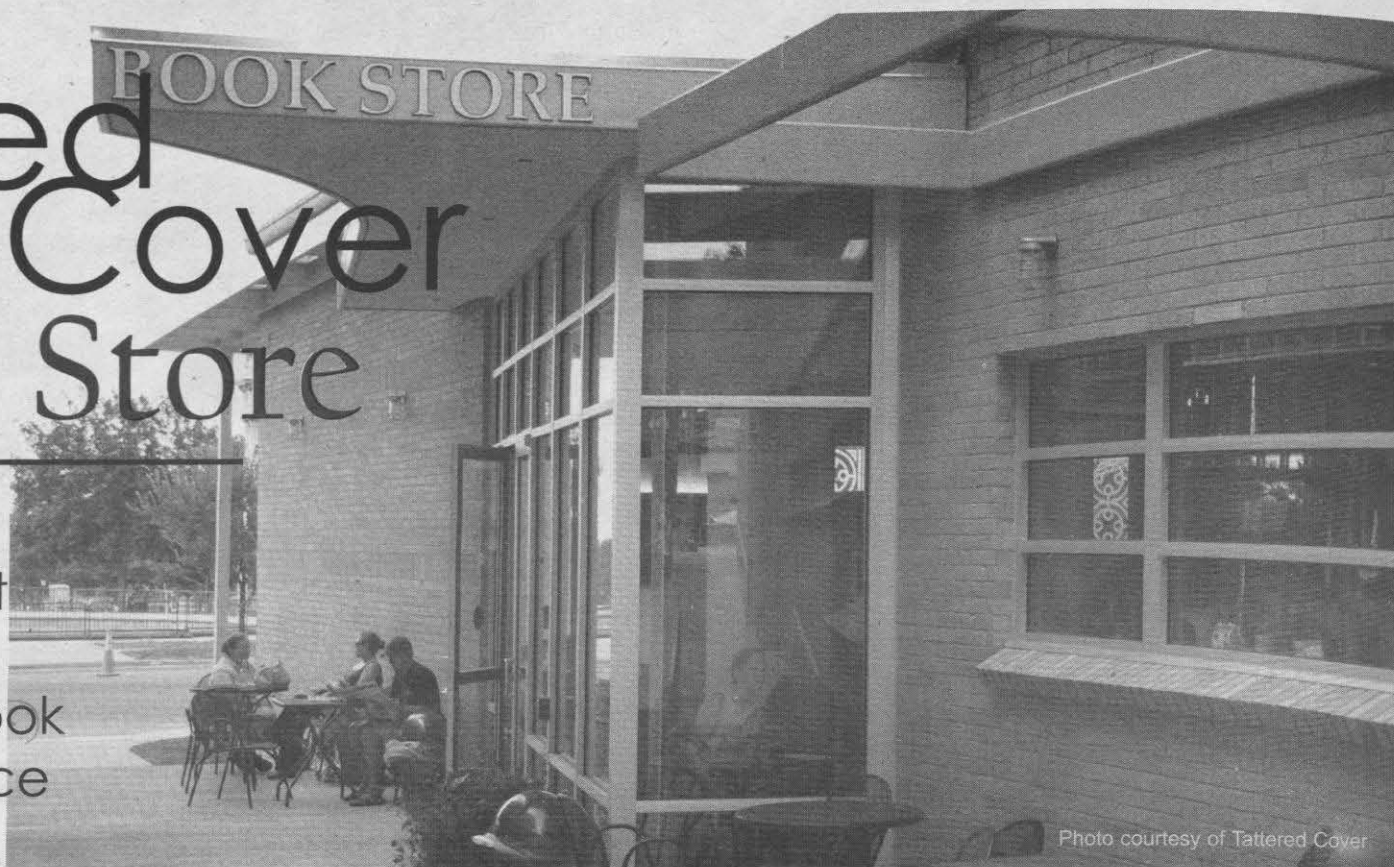
Third book in Socrates Café trilogy features stories from Socrates Café organization

Kellie Riley
Contributing Writer

Socrates himself may have been proud to hear of the trek Stephanie Austgen and Cynthia Morgan made in the name of knowledge. The two English teachers from Air Academy High School in Colorado Springs traveled all the way up to Denver on February 23, to hear author Christopher Phillips speak at the Tattered Cover Bookstore in LoDo. "I guess you could say we both have the streak of the wanderer," said Austgen.

Phillips, who some have nicknamed the "Johnny Appleseed of Philosophy", came to promote and sign his new book *Socrates in Love*. The book is the third in his "Socrates Café" trilogy, featuring stories and vignettes about love from members of the Socrates Café organization all over the world.

"Socrates Café is about the people in a community, big or small, aggressive or conservative, gathering and meeting together with people of different views," said Phillips. "It's about immersing yourself in views to which you may be diametrically opposed. By exchanging passionate and rational philosophical views, you are forced and inspired to articulate those views."



Phillips founded the first Socrates Café in 1996 in Montclair, New Jersey with the belief that regular passionate discourse is a necessary factor of democracy.

"Americans are no longer engaged in one another's beliefs," Phillips said. "They are all sure that they're right and everyone else is wrong... There are college courses where you can earn three credit hours for learning to debate. There are no courses where you earn three credit hours for learning to listen."

According to Phillips, the first Socrates Café meeting attracted some 25 people from all walks of life, some who seemed to have just wandered in. One week later, a second meeting attracted zero

then you're not asking the right questions," he said.

During his speech, Phillips read an excerpt from *Socrates in Love* about the Greek concept of *agape*, or unconditional love and affection. The excerpt included testimonials and interviews with the parents of convicted felons, who emphasized how they could still love their children while abhorring their actions and crimes.

According to Phillips, Café meetings often become something of a "love-in", as people who share their stories with one another are really bringing others into themselves. "There's a shared kind of love and bond between regular members, and these are people you would never normally interact with," he said.

"Socrates Café is about the people in a community, big or small, aggressive or conservative, gathering and meeting together with people of different views," said Phillips.

attendees.

"Except for one woman, who was 15 minutes late," Phillips said. "She asked me 'What is love?'" And engaging the woman's question, Phillips said, helped him to become engaged—she later became his wife.

Since then, the Socrates Café has become a popular organization with over 500 worldwide groups

Encouraging young people to study other pursuits as well as philosophy, according to Phillips, is to encourage the *philo sophia*, the "love of wisdom" which gives the subject its name.

stretching as far as South Africa. Participant range from eight to 98 years old. Denver's own branch of the Café was founded by John Wren, who had also wandered in to hear Phillips speak.

"Our first meeting here was the Friday after 9/11," Wren said. "Our topic was 'How To Fight Terrorism in Your Head'."

In true Socratic fashion, Phillips admitted that sometimes the constant questioning that occurs at Café meetings can reveal uncomfortable truths about a person.

"You can speak eloquent ideals, but upon self-examination you see that your ideals contradict the way you really live," said Phillips. "I think it can help inspire you to become a better person."

Local Café member Dmitri Semenov seemed to agree. "If no one offers you a cup of hemlock,

Phillips' speech also touched on the idea of high school and college students taking an interest in philosophy. Encouraging young people to study other pursuits as well as philosophy, according to Phillips, is to encourage the *philo sophia*, the "love of wisdom" which gives the subject its name.

Austgen agreed. "Philosophy is a subject that encourages critical and analytical thinking. It allows kids to think and engage, while in other subjects it's like puking up things you've memorized."

"It's central to all Western thought," Morgan added. "Even in entertainment. Star Wars is basically religion and philosophy with lightsabers."

Wren encouraged anyone interested in the Socrates Café to attend one of the organization's meetings, which take place on the second Thursday of every month at the Trinity Church on 18th and Broadway. The group also meets on some Fridays at the Panera Bread location near the capitol.

"Meetings carry with them a thrill of the unexpected," said Phillips. "And to offer your views to others is to tell a story about yourself."

Phillips is the latest in a long series of authors and guest speakers hosted by the Tattered Cover Bookstore to "bring books and people together", according to their website. The independent shop hosts a different guest or event at each of their three locations almost every day.

If You Go:

Tattered Cover Book Stores

The Colfax Avenue Store
located at 2526 E Colfax Ave,
Denver, CO, 80206

(303) 322-7727

Hours: Monday through
Thursday 9 a.m. to 10 p.m.;
Friday and Saturday 9 a.m. to 11
p.m.; Sunday 9 a.m. to 6 p.m.

The LoDo Store
located at 1628 16th St, Denver,
CO, 80202

(303) 436-1070

Hours: Monday through
Thursday 6:30 a.m. to 9 p.m.;
Friday 6:30 a.m. to 11 p.m.;
Saturday 9 a.m. to 11 p.m.; and
Sunday 10 a.m. to 6 p.m.
Also, RTD bus No. 52 heads to
the LoDo location, just near the
16th Street Mall.

The Highlands Ranch Store
located at 9315 Dorchester St,
Littleton, CO, 80129

(303) 470-7050

Hours: Monday through
Thursday 9 a.m. to 9 p.m.; Friday
and Saturday 9 a.m. to 11 p.m.;
and Sunday 10 a.m. to 6 p.m.;
Coffee Shop open at 6 a.m.
weekdays and 8 a.m. weekends.

Up Coming Events

Tuesday, March 20; 7:30 p.m.
Laura Lippman - *What the Dead Know*

Location: Highlands Ranch
Description: Edgar Award-winning author Laura Lippman, creator of the Tess Monaghan mystery series, will read from and sign her new stand-alone mystery *What the Dead Know* (\$24.95 Morrow). Thirty years after the disappearance of two young sisters from a shopping mall, a strange woman appears claiming to be one of the missing girls. Moving back and forth across the decades, this deftly written mystery with a surprising yet plausible conclusion will keep readers engrossed and guessing until the final page.

Wednesday, March 21; 7:30 p.m.

Elizabeth Strout - *Abide with Me*
Location: Colfax Avenue
Elizabeth Strout, author of the bestselling debut novel *Amy and Isabelle*, will read from and sign the new paperback edition of her second novel *Abide with Me* (\$13.95 Random House). In the late 1950s, in a small town in Maine, a minister struggles to regain his calling, his family, and his happiness in the wake of profound loss. At the same time,

the community he has served so charismatically must come to terms with its own strengths and failings - faith and hypocrisy, loyalty and abandonment - when a dark secret is revealed.

Mario Acevedo - *X-Rated Blood Suckers*

Location: Historic LoDo

Local author Mario Acevedo will read from and sign *X-Rated Blood Suckers* (\$13.95 Rayo), the sequel to his debut Felix the vampire detective novel *The Nymphs of Rocky Flats*. At the start of this rollicking new adventure, Felix has survived Operation Iraqi Freedom, being turned into a vampire, and a ravenous horde of nymphomaniacs. Now he faces his toughest task ever - navigating the corrupt world of Los Angeles politics to solve the murder of a distinguished young surgeon turned porn star. But both human and vampire alike have reasons to want the secret to stay buried!

Thursday, March 22, 7:30 p.m.
Lionel Shriver - *The Post-Birthday World*

Location: Colfax Avenue
Lionel Shriver, the Orange Prize-winning author of the international bestseller *We Need to Talk About Kevin*, will read from and sign her new novel *The Post-Birthday World* (\$25.95 HarperCollins). Using a playful parallel-universe structure, *The Post-Birthday World* follows one woman's future as it unfolds under the influence of two drastically different men - delivering an imaginative and entertaining look at the implications, large and small, of whom we choose to love.

Mark Stevens - *Antler Dust*

Location: Historic LoDo

Local author Mark Stevens will read from and sign his debut novel *Antler Dust* (\$24.95 Paandaa Entertainment). A double murder mystery in the Colorado Flat Tops Wilderness forms the core of *Antler Dust*, set in the tangled worlds of big game poaching and animal rights activism. "The number of fine Colorado crime writers just increased by one. *Antler Dust* is a wonderful, compelling debut - you won't find a fresher, more satisfying new voice." - Stephen White, best-selling author of *Kill Me* and *Missing Persons*.

For information about the Tattered Cover Bookstore, check out tatteredcover.com.

Rangers have an up and down weekend in Pueblo

Katie Simons
Sports Editor

Thanks to six late runs, the Rangers came from behind for a 7-6 victory over CSU-Pueblo. Craig Deaver put in the work for the Rangers despite not earning the win. Deaver pitched six innings and allowed just three runs on nine hits. He also struck out eight batters and walked only two. Jeff Mielnicki earned the win for the Rangers, pitching an inning and a third allowing just one run on three hits. Derek Brym came to pitch in relief for Mielnicki in the eighth with one out and the save. It was Brym's sixth save of the season and he did not allow a hit or a walk.

Tyler Hageman had a productive day at the plate going 3-for-5 with three RBIs. Catcher Peter Whatley was also 3-for-5 on the day, recording two runs and an RBI. Anthony Musielak and James Walker each collected two RBIs for the Rangers.

The Rangers split day two of a four game series against Pueblo. In game one the Rangers hung around until a five run sixth inning by the Wolfpack allowed them to pull away for a 11-4 win. In game two solid pitching and a clutch seventh inning at the plate helped the Rangers on the road to a 7-3 victory.

For the first three innings the Rangers were scoreless. The Rangers struggled to drive in runs finishing the game with just three RBIs. After falling behind 3-0, the Rangers cut the Wolfpack lead to just two. After James Walker reached on an error, Peter

Whatley singled, which allowed Walker to advance. Two batters later, David Losasso doubled to right field and Walker scored.

Pueblo answered, scoring three more runs in the bottom of the fourth to increase 6-1. The Rangers made an effort to decrease their deficit. Tyler Hageman led off the inning with a single. He then moved to third after a double by Etienne Materre. Hageman then scored on an error to give the Rangers their second run of the inning. Afterwards, a single by Sean Chase advanced Materre to third and Walker stepped up and hit a ground ball that drove in Materre.

However, the brief Ranger comeback did not last long. The Wolfpack scored five runs in the bottom of the fifth to pull away. Eric Anderson took the loss for the Rangers. He pitched four innings and allowed 15 hits and 11 runs, 10 of which were earned. The Rangers struggled from the plate; However three Rangers had a multi-hit game. Sean Chase was 3-for-4 in the game, while Etienne Materre and Peter Whatley were both 2-for-3.

While in game one the Rangers could not get anything going on the offensive side, both offense and relief pitching allowed the Rangers to seal their victory.

Regis held onto a slim 4-3 lead going into the top of the seventh when they scored three more to take the lead. Both Dan Kozloski and Etienne Materre drew walks. Materre then stole second and advanced to third on a Brad Schumacher single. A sac fly by



Photo by Jake Strait

Sean Chase had multiple hits during the Rangers-CSU-Pueblo game.

Walker brought Materre home to score. Then Mike Benton stepped up and hit a single which allowed pinch runner Ross Pibal to score. The final run of the inning came when Anthony Musielak singled to drive Schumacher home for the third run of the inning.

Along with the critical scoring run in the seventh strong pitching propelled the Rangers to the win. Brennan Bonati pitched five solid innings allowing just three runs on five hits. He also struck out three batters.

The Ranger relievers came in to pitch in the sixth and seventh innings to seal the deal for Regis. Jeff Mielnicki pitched the sixth and allowed just two hits, while Derek Brym finished off the Wolfpack in the seventh, striking out

two of the three batters.

Materre collected multiple hits once again in game two. He went 2-for-3 with a double, two runs scored and two RBIs. Both Mike Benton and Anthony Musielak finished the game with multiple hits. Benton was 3-for-4 while Musielak was 2-for-4 and both finished with an RBI a piece. Despite going just 1-for-3 James Walker drove in two runs.

In the final game of the Rangers four game series with Pueblo a eight run bottom of the sixth gave the Thunderwolves a 17-9 victory.

The Rangers got three runs of their own in the top half of the inning and pulled within one run. However Pueblo scored eight runs on six hits. They were also helped by Ranger errors, two hit batters and a wild pitch.

The Rangers were productive at the plate despite the loss. They scored nine runs on 16 hits, six of those which were doubles.

Sean Chase had a solid performance as he went 3-for-5 on the day. He had one run and one RBI and was one of six Rangers with multiple hits in the game. Anthony Musielak and Brad Schumacher had two RBIs a piece. Both scored runs and Schumacher was 2-for-4 at the dish.

The loss drops the Rangers record to 11-14 overall and 4-7 in the RMAC. The Rangers return to Denver but will continue to play on the road as the travel to Metro State for a four-game series over the weekend. The series begins on Friday, March 23 at 3:00 pm.

Regis lacrosse team wins a tight game against Swarthmore

Katie Simons
Sports Editor



Photo by Jake Strait

Jen Gunlikson led the Rangers to their win against Swarthmore.

The Rangers held out on St. Patrick's Day to pull a 14-12 victory over Swarthmore College (Pa.). The

win improves the Rangers' record to 4-3 on the season. Jen Gunlikson led the way with an impressive performance. She scored two goals along with two assists and six ground balls. Amanda Ponzer also had a strong offensive performance as she scored three goals for the Rangers. Both Caroline Herter and Chrissy Yetter scored two a piece.

Herter and Michelle Eller were crucial to the Rangers' ball control in the game. Herter had seven ground balls to go along with her two goals, while Eller caused four turnovers and collected five ground balls in the winning effort.

Brittany Farniok made timely saves in order to allow the Rangers to hold onto their lead. She saved 17 shots on 30 attempts for Regis. Her 17 saves are her second highest total of the season. The Rangers face off against Colorado State at home on Saturday, March 24 at 2:00 p.m.

Upcoming Ranger Sports

Softball

Tuesday, March 20, Doubleheader vs. Fort Hays State, 1 and 3 p.m.

Saturday, March 24 @ UCCS, 12 and 2 p.m.

Sunday, March 25 @ UCCS, 11 a.m. and 1 p.m.

Lacrosse

Saturday, March 24 vs. Colorado State, 2 p.m.


Baseball

@ Metro State

Friday, March 23, 3 p.m.

Saturday, March 24, 12 and 3 p.m.

Sunday, March 25, 12 p.m.



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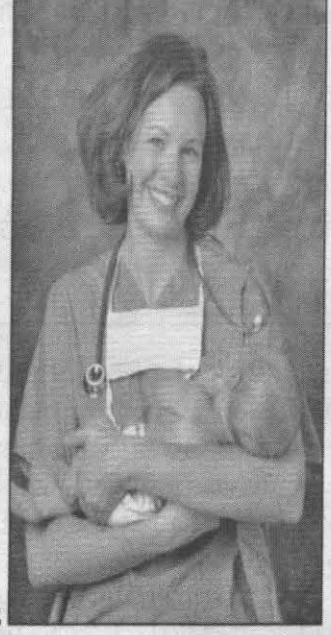
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The Sports Sizzle:

Women's Basketball Madness:

Guaranteed Final Four Match-ups

Katie Simons
Sports Editor

Men's basketball has parity. There is always going to be a George Mason team that makes it farther than they are supposed to, crazy upsets and buzzer beaters to get your juices flowing. Now the women's tournament may not have those upsets and most of the time the higher seeds win. But I will let you in on a little secret: I guarantee that the top teams in women's basketball will ultimately match up in the Elite Eight and the Final Four, making for some great college basketball. So here are a few things you should know about the women's tournament:

16's can beat 1's

It's never happened in the men's tournament and I doubt it will ever happen. But in the women's game it has happened once before. In 1998, Harvard upset Stanford, so if you're looking for a big time upset, switch the channel.

There are upsets!

The men's tournament always seems to have 12-5 upsets or 11-6, but, guess what, in the first round this year, we had two upsets in two days! The women's tournament already had three as 10th seeded Florida State, 11th seeded West Virginia, and a big time upset as #13 Marist took down regular season Big Ten Champions Ohio State. The women's tournament has premiere Elite Eight and Final Four games and upsets. Whoever said parity doesn't exist in the women's game was wrong.

The Dayton bracket is loaded

Tennessee, Maryland, Oklahoma, Ohio State, and Middle Tennessee State. Enough said. Candace Parker, Courtney Paris, Jessica Davenport and Ashley Langhorne. Talented teams, talented players, it's anyone's game. Oklahoma may surprise some people because Courtney Paris may be the best inside player in the country. Tennessee played the toughest schedule all year so they are battle tested and ready to go. I've said enough about Maryland. Ohio State won the Big Ten and Middle Tennessee State has the longest winning streak in the nation now at 27.

Except ACC Domination:

Defending champion Maryland comes in as a two seed but that doesn't take anything away from their talent. They return 94 percent of their scoring from last year and are a deep team that is young and talented. The return of all five starters, kind of like Florida, means they actually have a shot at repeating. Duke almost went undefeated and no one really challenged them, except North Carolina. They have an inside game with 6'8" Alison Bales who is a shot blocking machine. Lindsey Harding is a complete player who will put the lock down on the defense and, not to mention, will show up in big games. Colorado Native Abby Waner can knock down the shot from long range and leads Duke in steals with her phenomenal ability to anticipate. North Carolina is

led by their fiery point guard Ivory Latta, who, some say, is the best player in women's college basketball. They are quick and get up and down the floor, making them difficult to guard.

Great Coaches

Let me just list them for you because I think that will make my point extremely clear: Pat Summitt, Geno Auriemma, Gail Gostenkors, Kay Yow, Sylvia Hatchell, Andy Landers, Tara VanDerveer, Vivian Stringer, Sheri Cole, Brenda Freese. Freese is up and coming and, in just a few short years, has won herself a championship. Gostenkors is the best coach never to win the big one and Sheri Cole turned a non-existent Oklahoma program into a contender. Kay Yow battled cancer and is now back on the sideline as her North Carolina State team is making a late season charge. Auriemma and Summitt are two of the best ever. Andy Landers just coached his 1,000th career game. Sylvia Hatchell won the big one back in 1994 and she has the talent to do it again. VanDerveer knows how to win. Vivian Stringer is a coaching legend who has been around for years. I could write a book, so why don't you Google them.

My Predictions

Final Four: Duke will be there no doubt, I swear it is their destiny. Great defense wins championships. North Carolina: because they get up and down the floor for all 40 minutes and I don't think anyone can keep up. In the Dayton bracket, it's a toss up between Maryland and Tennessee, I'm going to go out on a limb and pick Oklahoma. Great post players are hard to find and 59 straight doubles-doubles is a phenomenal feat, just try and stop Courtney Paris. Finally, I like Stanford, a talented team that is often overlooked by the ACC and SEC teams.

National Championship: Duke vs. UNC; Duke get's over the hump and wins it all on the shoulders of seniors Lindsay Harding and Alison Bales.

For the hundredth time, it's KU's time

David Vranicar
Sports Writer

At the end of every college basketball season, I feel the same way I do after I eat Taco Bell. *Wow, that was really good, but I still feel kind of sick to my stomach.*

That's because my favorite team, the Kansas Jayhawks, have had each of their last 18 NCAA tournament appearances end in nauseating disappointment. (When Kansas won their last championship, in 1988, I was two years old and was probably watching Sesame Street when they cut down the nets.)

Kansas is always good, and this group of players is especially likeable. But part of me is hesitant to admit that they really should win a national title.

As a lifelong Jayhawks fan, maybe I should be a little more upbeat. After all, they did just beat Kentucky – the most storied program in college basketball history – to advance to the Sweet 16 of the NCAA tournament. The Jayhawks also boast at least five future NBA players, and are quite possibly the most talented team in the country.

But I cannot help but feel a little doubt. I grew up watching the Jayhawks. And never have I watched them compete in an NCAA tournament that ended the way I wanted it to.

Kansas' last two tournament face plants have been endlessly publicized. In 2005 a first-round exit to Bucknell, and then last year another first-round loss to Bradley.

But the frustration goes back a ways. In 2004 the Jayhawks were eliminated in overtime of the Elite 8, a few minutes shy of reaching the Final Four.

2003 was even worse. The team boasted two seniors – Kirk Hinrich and Nick Collison – who were selected seventh and eleventh in the '03 NBA draft. But that was the year of Carmello Anthony, and despite being loaded with NBA talent, KU ran into a Syracuse team with even more NBA talent, losing in the title game by three points.

The list goes on. A 2002 Final Four loss to Maryland. A 1999 overtime loss to Kentucky. Then there was 1997, when a team with four – *four!* – NBA first-rounders bowed out to Arizona in the Sweet 16.

There was hope that things would change when Roy Williams left Kansas in 2003 and Bill Self became the head

coach in Lawrence. People thought that maybe the tournament chokes were Roy's fault.

But that theory imploded after two straight first-round exits. The frustration mounted when Williams led North Carolina to a national title in 2005, solidifying the idea that it wasn't Williams who was incapable of tournament glory. It was Kansas.

I am as hopeful as ever about what my Jayhawks may do in the next two weeks. This team seems to have no weaknesses. They hold opponents to 37 percent shooting. They have inside scoring, outside scoring and a swagger that reeks of confidence and success.

KU even has a good draw. On Thursday they will play a Southern Illinois team that has nowhere near the talent that KU does. And if KU wins that game they will face either UCLA or Pitt, two teams that have at times shown an aversion to scoring that should sink them against the high-flying Jayhawks.

But Kansas has had the talent before. They've had the "easy" bracket before. They've played (and lost) tournament games down the road in Kansas City or St. Louis. There are some teams, some fans, whose destiny seems to never entail a championship celebration.

I don't mean to sound greedy. The Big XII regular season and tournament titles that KU has won each of the last two years are not lost on me. I appreciate the sustained success that Kansas has enjoyed, and I know that most teams would kill for KU's conference crowns and no.1 tournament seed.

But the success has always been tamed by Phil Mickelson-esque chokes in the NCAA tourney, losses that cannot be explained by a lack of talent or experience or opportunity.

I am going to watch every second that Kansas plays in the NCAA tournament. I know that one year, despite the apparent curse, KU will win a national title. And with what KU has going for it, I honestly think it will happen this season.

If it does, then I may shed a tear or two of joy and relief for the end of almost two decades of tournament nightmares. If they lose, I'll say the same thing that KU fans have been saying have been saying since that title in 1988: Maybe next year.



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Regis' new neighbor Lil' Burrito offers quality Mexican food at low prices

Ashton Do
Staff Reporter

Lil' Burrito is a new addition to the Regis neighborhood and shells out a big Mexican bite that won't dent your wallet.

"It's a good location," said owner Joe Bernal, who saw a great business opportunity when he opened Lil' Burrito last October. "It's right across from Regis."

One of the more popular items at Lil' Burrito is a breakfast burrito filled with potatoes, two scrambled eggs, your choice of meat (or lack thereof) and a generous helping of cheese—so much cheese, in fact, that Lil' Burrito spends upwards of \$600 a month on it alone.

"People like a lot of cheese," Bernal said.

There's more to the Lil' Burrito than just fast Mexican food. The family owned business has a friendly and personable staff that serves up laughs



Photo by Ashton Do

and smiles. While Bernal laughingly admits that they have quarrels like any other family, their familiar dynamic adds to the unique character of the restaurant.

Even without the laughs, the food at Lil' Burrito speaks for itself. Bernal takes pride in his green chile in partic-

ular, which he says sets his restaurant apart from everyone else. He makes it himself.

"It's no secret," he said, explaining what makes his green chile is better than others. "Our chile has small chunks of pork in it."

For those who don't like pork, there's

also a red chile made with beef.

Lil' Burrito is a great morning destination with its early hours (they open at 7:00 a.m.), their self-serve cappuccino machine, and chilled energy drinks. They also carry an array of lunchtime burrito choices, vegetarian-friendly tostadas, and chile relleno—a deep fried and stuffed chili that is surprisingly mild and savory.

The menu is full with enticingly sweet sopapillas, enchiladas, and chili fries, but sophomore Melissa Garduno really enjoys Lil' Burrito's mouth-watering steak fajitas.

"The fajitas have a lot of meat—I eat the whole thing," Garduno said. "You definitely get what you pay for."

If you're craving an affordable and tasty Mexican treat at a very opportune location, head to Lil' Burrito. It's located across the street from campus at the corner of 50th and Lowell, right next to the Everyday's convenience store.

Oh, and ask for the green chile.

Bringing Choices to you



Melissa Backlund
Choices director

The Choices Peer Education program encourages students to develop healthy lifestyle patterns and to examine how the choices they are making today support the goals and aspirations they have for the future.

Choices is responsible for sponsoring educational programs, alternative activities, and support services to help students gain awareness of a number of student life issues such as substance abuse, sexual assault, person-

al safety, relationships, nutrition, eating disorders, suicide awareness, mental health, and more. Throughout the school year, Choices sponsors a number of awareness weeks that particularly focus on a campus life issue. This semester, Choices has sponsored events during Sexual Responsibility Week and Safe Spring Break Week such as the Drinking Lab, Date Package Silent Auction, "I Lost My Phone Number...Can I Have Yours" dating program, "THINK PINK" cancer awareness, and "Singled Out" at the men's and women's basketball games.

Every member of Choices is certified in peer education, which includes listening skills, confrontation skills, educational programming skills, and self-

care skills. The Choices Peer Educators are great resources for campus life issues and great people to have confidential, one-on-one conversations with. If you or a friend are in need of someone to talk to or are looking for informational brochures or resources, please feel free to call us directly at extension 5740 or visit our office anytime between 9:00 a.m. and 5:00 p.m., located on the east side of the Coors Life Directions Center.

Keep your eyes and ears open for more upcoming events sponsored by Choices. Residence Life staff and other clubs on campus are encouraged to contact us for co-programming opportunities or for other resources.

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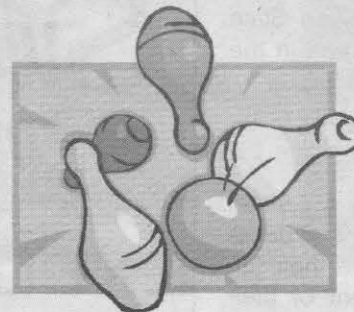
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Spring
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Regis Music Faculty Recital

Tuesday, March 20

7:30 PM.

Berkeley Church

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Calendar of Campus Events

Tuesday, March 20

**Obdulia Castro presents
"The First Feminist
Manifesto?"**

Sor Juana's Reply to Sor Filotea." This is an open class held from 10:50 a.m.-12:05 p.m. in Main Hall 305.

**Susan Doty presents
"Papers and Discussion of I
Give You My Life."**

This is an open class held from 1:45-3:00 p.m. in Loyola 11.

Highlander Meeting

Interested in writing for the *Highlander*? Come to our meeting at 5:00 p.m. in Loyola 6.

Wednesday, March 21

**Asian-Pacific American
Association Meeting**

Join a group where everyone is welcome! Meetings held every Wednesday, 6 PM, 2nd Floor of the Student Center.

Bake Sale

Come and enjoy baked goods provided by the Department of Physical Therapy Class of 2008! All proceeds will be used to fund Physical Therapy research. To be held in the Student Center from 9:00a.m. to 1:00 p.m.

Career and Service Fair

Fifty-five employers from the business and the non-profit sector will be on campus to meet you and talk about their organizations and job and internship opportunities. Bring plenty of resumes! To be held in the Student Center Dining Hall from 10:00 a.m. to 2:00 p.m.

**Lara Narcisi presents
"Maxine Hong Kingston's
Tripmaster Monkey."**

This is an open class held from 2:30-3:45 p.m. in Main

Hall 304

**John Kane presents
"Recovering the Feminine in
Religious Understandings of
God."**

This is an open class held from 4:00-5:15 p.m. in Loyola 14.

**Book Signing and Poetry
Reading**

Come to the reading, book signing and reception for Eleanor Swanson's *Trembling in the Bones*. To be held at 4:30 p.m. in the ALC Mountain View Room.

**Elaine Brown presents
"Resolving Issues of Race,
Gender and Class."**

Part of Women's History Month. To be held at 8:00 p.m. in the Dining Hall.

Thursday, March 22

**John Kane presents "Mary
and the Image of Woman in
Christianity."**

This is an open class held from 9:25-10:40 a.m. in Loyola 14.

**Susan Doty presents "Two
Women."**

This is an open class held from 1:45-3:00p.m. in Loyola 11.

**Dr. Richard Heinzl to talk
about Doctors Without
Borders**

Dr. Richard Heinzl has made a difference in the world through his work with Doctors Without Borders, which won the Nobel Peace Prize in 1999. Heinzl will share his message that everyone has the ability and the need to make a difference in this world when he visits Regis University at 7 p.m. Thursday, March 22, in St. John Francis Regis Chapel. The topic of his talk is Living

in a World Without Borders. Although there is no charge to attend, tickets are required. Reserve tickets by visiting the Institute on the Common Good's Web site at www.icgregis.org/goto/Upcoming_Events, or stopping by the Office of Public Affairs, Room 317 of Main Hall.

Sunday, March 25

**4x4 Club Trip to the
Mountains**

The Regis 4x4 Club is taking a trip to Bunce school road, just West of Lyons. Meet in the north east corner of parking lot 5 behind the town homes at 10:00a.m. Sunday. Everyone is welcome on this trip, whether you drive a 4x4 or just want to come along for a ride, join us! Also, don't be scared to bring out any kind of truck/suv with 4 wheel drive. This will be a very mellow and easy trip. Contact: Ryan for any info - Boudr020@regis.edu or 720-560-8218.

Monday, March 26

Insignia Applications Due
Help Recruit the Class of 2012! Applications for the Insignias Program are available in the Office of Admissions, Main Hall Room 217. Insignias give campus tours, host prospective students overnight and assist in the recruiting process. 2.7 GPA is required. Compensation is Room and Board in one of the freshman halls.

Alpha Epsilon Delta Meeting

All pre-health profession students and members are encouraged to attend. To be held in Science 105 at 4:00 p.m.

Thursday, March 29

**A Passover Seder Meal,
Tradition and Conservation**
Passover is a Jewish holy day that celebrates God's saving action in leading the Hebrew people out of slavery in Egypt. Ritual foods like parsley and horseradish are included to help tell the ancient Passover story. There will also be prayers, songs and scripture. All are welcome! Cost is \$15 a person or a swipe off your student meal plan. Sign up in the University Ministry office (2nd floor Student Center) call 303-458-4153, or e-mail aewillia@regis.edu.

Gallery Talk

Come hear Sandra Wittow discuss her exhibit *Portraits: Past and Present*. To be held in the Regis University O'Sullivan Art Gallery at 7:00 p.m.

Friday, March 30

Habitat for Humanity

The Service Committee of the Staff Advisory Council has been contacted by Habitat for Humanity in regards to an upcoming volunteer opportunity on Friday, March 30, 2007. Habitat is urgently looking for 15 volunteers to help landscape homes that were built by Habitat volunteers at 55th and Lowell. Volunteers would need to commit to a full work day on Friday, March 30th beginning at 9:00 a.m. and ending at 4:30 p.m. As reminder, volunteer opportunities like this one are a great way to use your mission leave. If you are interested in volunteering or need additional information, please contact Rae-Anne Mena, SAC Service Committee Chair, either by phone at 303-458-3575 or via email at rmena@regis.edu.

				7	1		8	
1	4	8		5			6	2
	7							
		4	1			5		6
	5						4	
9		6			5	3		
							1	
6	9			1		8	5	7
	8		7	9				

Sudoku!

Medium Difficulty puzzle. Good luck!

Solution:

8	2	4	9	6	7	1	8	5
7	5	8	4	1	3	2	6	9
6	1	9	2	8	5	7	3	4
8	7	3	9	2	4	9	1	6
1	4	2	6	9	8	3	5	7
9	6	5	7	3	1	4	2	8
5	3	1	8	4	9	6	7	2
2	9	7	3	5	6	8	4	1
4	8	6	1	7	2	5	9	3

Puzzle provided by www.dailysudoku.com